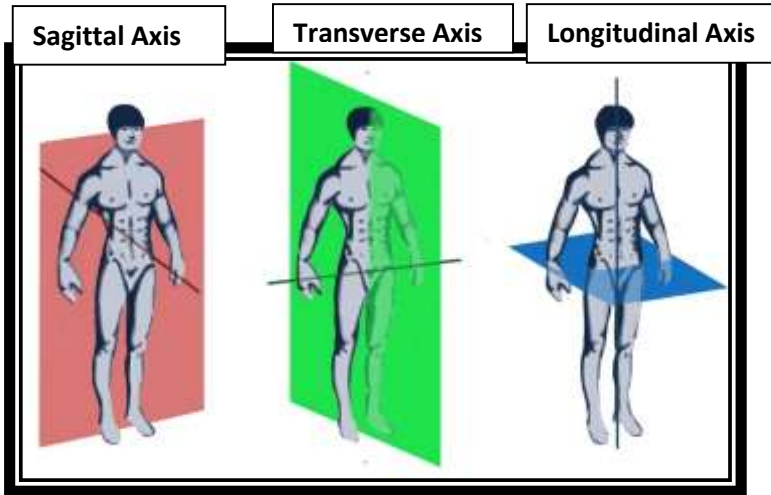


**Axes:**

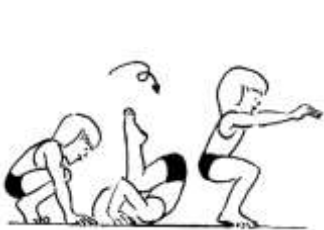
The joints in our bodies rotate around one of three different axes. These axes allow rotation to take place in one of the planes. There are three different axes:



1. **The Transverse Axis:** Hip to hip
2. **The Longitudinal Axis:** Vertical line - top to bottom
3. **The Sagittal Axis:** Stabs through the body

Use the table below to state the plane and axes present during each movement/action.

Movement/Action	Plane	Axes
Forward Roll		
Cartwheel		
Somersault		
Twist Jump		

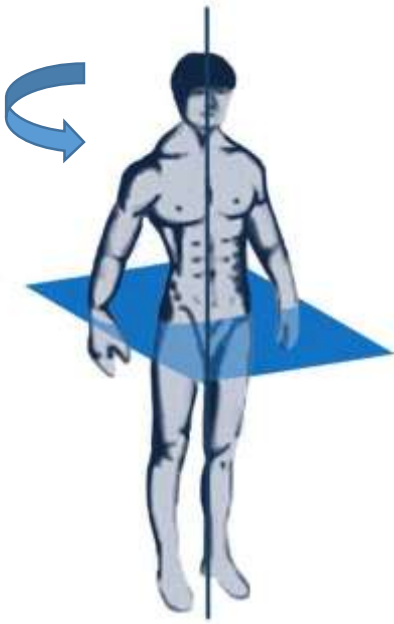
**The PE Classroom:****Resource:**

Test your knowledge on planes and axes by completing the following resource.

<https://thepeclassroom.com/wp-content/uploads/securepdfs/2018/05/Planes-Axes-Diagrams.pdf>

**The PE Classroom:****Exam Tip:**

As per the specification these are the only movement actions that you need to understand in terms of axes of movement



### Sample exam questions:

Identify the plane and axis shown in the figure on the left (1)

Give an example of a sporting action used at this plane and axis?

### The PE Classroom:

#### Extension Activity:

This extension activity will help to increase your knowledge on planes & axes and movement actions.

<https://thepeclassroom.com/wp-content/uploads/secure/pdfs/2018/05/Planes-Axes-Extension.pdf>

Identify the plane and axis shown in the figure on the right (1)

Give an example of a sporting action used at this plane and axis?



### The PE Classroom:

#### Resource:

These two A3 posters are great revision tools for the classroom or for personal study..

<https://thepeclassroom.com/wp-content/uploads/secure/pdfs/2018/05/Planes-Axes-A3-Terms-for-Wall.pdf>

<https://thepeclassroom.com/wp-content/uploads/secure/pdfs/2018/05/Planes-Axes-A3-Terms-for-Wall.pdf>